

The Auckland



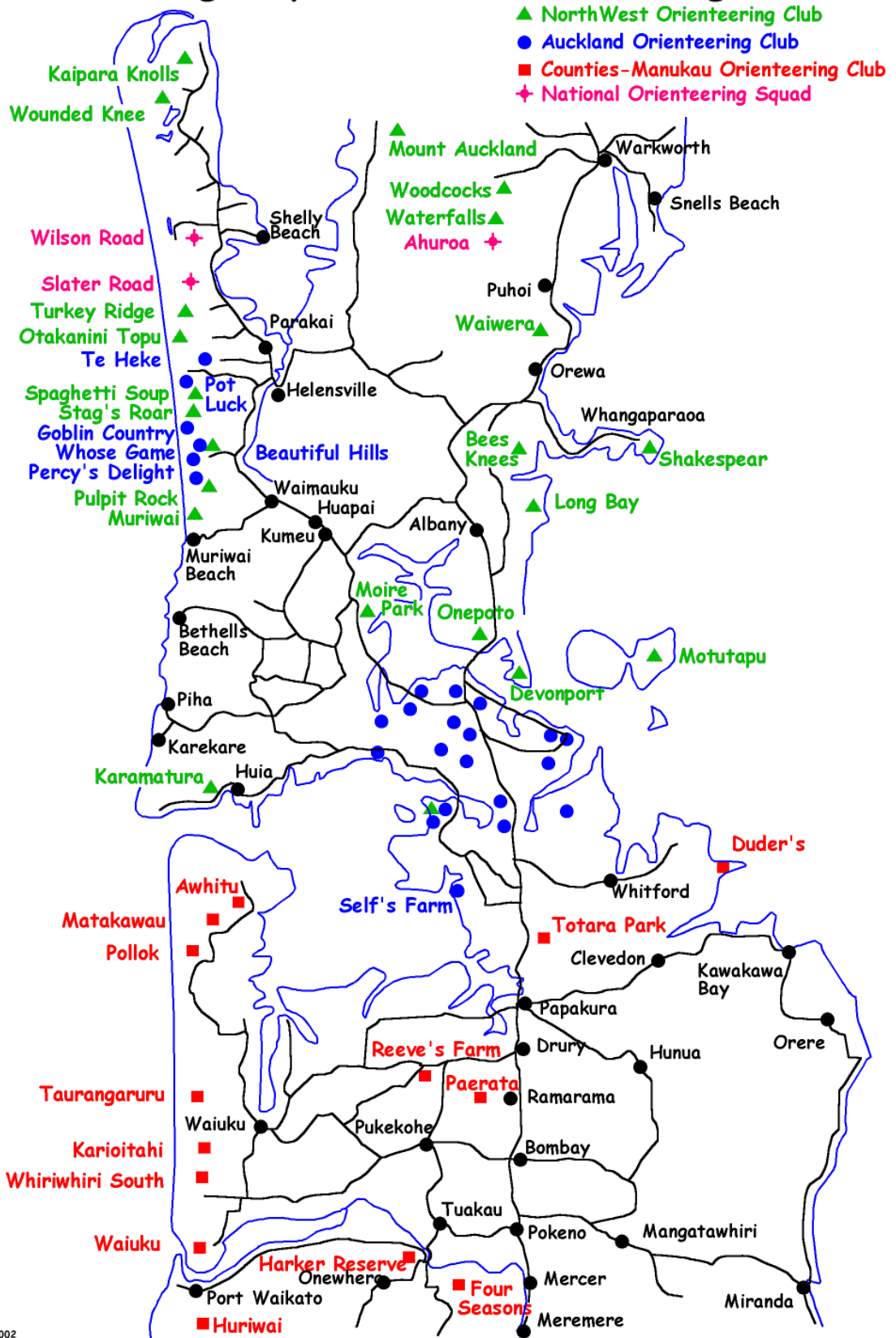
Orienteer

October 2002



- ◆ The Auckland Orienteering Calendar
- ◆ OY Final Results

Orienteering maps of the Auckland region



MARK'S
MAPS'02

Last updated August 2002

Auckland Orienteering on the Web

NWOC	http://www.geocities.com/nwocnz
AOC	http://auckoc.tripod.com
OY results	http://homepages.paradise.net.nz/pebble/orienteering/
Orienteering news	http://www.maptalk.co.nz/
NZOF Homepage	www.nzorienteering.com
Sports photos	http://communities.msn.co.nz/actionsshotz

The Auckland Orienteer is the magazine of the Auckland Orienteering Association and incorporates articles from the Auckland Orienteering Club Inc., the North West Orienteering Club Inc., and the Counties-Manukau Orienteering Club.

It is produced monthly and is available online from the NWOC homepage.

Other orienteering related publications are welcome to draw material from the AO pages although credit is asked for both the author (when stated) and the AO.

Information for advertisers is available from the editor (details in Last Bits)

Cover: A photo montage of the Auckland Orienteering Championships hosted by CMOC at Kelland Road.

Event Calendar

Please call club Secretaries for final confirmation of these details:

A Auckland.

Nicola Kinzett 09 636 6224

CM Counties-Manukau.

Hilary Iles 09 235 2941

E Egmont.

Suzanne Scott 06 758 4468

H Hamilton.

Mike Baldwin 07 856 3887

NW North West.

Jill Smithies 09 838 7388

NOS National Orienteering Squad.

Rolf Wagner 09 427 8524

R Rotorua.

Peter Fitchett 07 345 6786

T Taupo

Alison Mensen 07 378 0577

WACO Waikato and Auckland Campus.

Phil Wood 09 634 8104

Wh Whangarei

Dick Rankin 09 434 6499

October

6 – 11

World Masters Orienteering Carnival – Bendigo, VIC

Sat 12

Victorian Championships

Sat 12

Huia Rogaine

Sat 19

WACO

MTBO warm up event 2 - Woodhill Forest

Sun 20

NW

Ralph King Score event – Weiti Forest

Haigh Road entrance - sealed road to parking and registration.

20 Controls, varying in value from 5 to 100 points. Age classes: M/W 12, 14, 16, 18, 20, 21 – 34, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80.

Enter on the day

Starts each 15 minutes from 10am – 11am. Penalty for finishing over one hour: 10 points per minute or part thereof. Competitors scoring the same total will share that place. No bonus points for early finish.

26 - 28

WOA Champs**November**

2- 3 WACO The National MTBO Champs - Woodhill Forest.
Classic race on the Saturday followed by a score event on the Sunday. Entry forms will be out in a month or so, which will provide more details.

Tue 5 AOC * Auckland Domain – Grandstand – Starts 5.30 – 6.45pm

9 - 10

CDOA Champs

Tue 12 AOC * Mutukaroa (Hamlins Hill) / Otahuhu Streets, Great South Rd, Penrose – Starts 5.30 – 6.45pm

Sat 16 A **To be Advised**

Sun 17 A **Auckland Relays – Tauwharanui**

A two day event is planned, an event on Saturday the 16th and the relay on the 17th.

Tue 19 AOC * Mt Eden, Melville Park, St Andrews Rd – Starts 5.30 – 6.45pm

Wed 27 AOC * One Tree Hill / Cornwall Park, Archery Club, Twin Oaks Drive – Starts 5.30 – 6.45pm

December

Wed 4 AOC * Michaels Ave Res / Eilerslie Streets, Michaels Ave – Starts 5.30 – 6.45pm

Thu 12 AOC * Lloyd Elsmore Park / Pakuranga Sth Streets. Bells Rd, off Pakuranga Highway – Starts 5.30 – 6.45pm

Thu 19 AOC * Nga Parae Mataora Res / Mt Roskill Streets, Korma Rd, off Pah Rd – Starts 5.30 – 6.45pm

January 2003

Tue 21 AOC * Carrington (Unitec Campus), Carrington Rd, Mt Albert – Starts 5.30 – 6.45pm

Sun 26 Point to Point

Tue 28 AOC * Panmure Basin /Pakuranga Sth Streets, Ireland Rd – Starts 5.30 – 6.45pm

Sat 1-

Sun 9

Masters games Wanganui

February

Tue 4 AOC * Ambury Park / Mangere Mountain, Ambury Rd, Mangere – Starts 5.30 – 6.45pm

Tue 11 AOC * Auckland Domain, Band Rotunda – Starts 5.30 – 6.45pm

Sun 16 CM Promotional Totara Park

Wed 19 AOC * Self's Farm, Tidal Rd, Papatoetoe – Starts 5.30 – 6.45pm

Sat 22 Kaweka Challenge (tbc)

Sun 23 Kaweka Challenge (tbc)

Sun 23 AOC Sport Ident trial

Wed 26 AOC * Western Springs, Stadium Rd, off Great North Rd – Starts 5.30 – 6.45pm

March

Sat 1 NW Promotional / Night O Knobbly Kneez/Slater Rd

Sun 2	NW	Promotional Wounded Knee * Pt England Reserve / Tamaki Streets, Pt England Rd – Starts 5.30 – 6.45pm
Thu 6	AOC	
Sat 8		Katoa Po relays
Sun 9		CDOA OY
Thu 13	AOC	* One Tree Hill / Cornwall Park, Manukau Rd – Starts 5.30 – 6.45pm
Sun 16	AOC	Sport Ident trial
Sun 23	CM	Promotional Huriwai
Sun 30	NW	Score 1 / Around the Bays?

April

Sun 6	CM	Promotional Four Seasons
	??	Nth Island Sec School champs
Sun 13	NW	Score 2
Fri 18	AOC	Warm up event
Sat 19	AOC	Nationals classic champs
Sun 20	AOC	NZ Short O champs. Park race
Mon 21	AOC	Relay champs
Thu 24	NW	Classic event - Weiti
Fri 25	NW	Classic event
Sat 26	NW	Classic event
Sun 27	NW	Classic event

May

Sat 3		Rotorua marathon
Sun 4	CM	Promotional
Thu 8	All	Sec School Relay Champs Park
Sun 11	NW	Score 3
Thu 15	CM	Intermediate School Champs
Sun 18	??	Promotional
Wed 21	AOC	Auckland Secondary School Champs
Sun 25	NW	Score 4
Sat 31		Queen's Birthday

June

Sun 1		Queen's Birthday
Mon 2		Queen's Birthday
Sun 8	NW	Score 5
Sun 22	NW	Ralph King Score event

July

Sun 6	CM	OY 1
Sun 13		Training
Sun 20	WHO	OY 2
Sun 27		Training

August

Sun 3	AOC	OY 3
Sun 10		Training
Sun 17	NW	OY 4
Sun 24		Training
Sun 31	CM	OY 5

September

Sun 7		Training
Sun 14	NW	OY 6
Sun 21		Training
Sun 28	AOC	OY 7

October

Sun 5		Training
Sat 11	NW	AOA champs
Sun 12	NW	AOA champs
Sat 25		CDOA champs
Sun 26		CDOA champs
Mon 27		CDOA champs

November

Sun 2	CM	AOA relays
Sat 8		WOA champs
Sun 9		WOA champs

☀ Summer Series Orienteers ☀

Again the winter has rolled by and we are in the last stages of planning for another Summer Series of Orienteering. To those of you who do not receive the winter emails, welcome back. Hope you have all had a good winter.

There has been plenty going on in the orienteering world out in the forests and many of us are about to embark on a trip to Australia to compete in the Australia National Champs, followed by the World Masters. Should be great. By the time we return in mid October we will only be a few weeks away from the start of the Summer Series, but don't worry, things are ready to roll!

The other excitement at the moment is that the Auckland Club will be hosting the NZ National Orienteering Champs at Easter next year, followed by North West Club running a 4 day event the next weekend (ANZAC weekend) with the whole lot being combined

to form the Easter Anzac Carnival - hopefully the biggest orienteering event in this region for a long time. Motivated by this Auckland Club has decided to invest in an Electronic punching system, as now used in almost all events overseas. We have been most fortunate to be the recipients of a very generous grant from the Auckland Savings Bank Community Trust to help us with this. We hope to be able to demonstrate this wonderful addition to orienteering in Auckland to you later in the season.

Here is the program for the upcoming season. The dates are set and almost all of these venues have been confirmed. Please note these dates in your calendar so you can come along to them all.

Information about the program, the fees, results and any other notices will be on our website auckoc.tripod.com. There will also be the flier available in a printable form if you

would like to print it out and distribute it. We'll have lots at each of the events too.

The fees will be the same as last year. There is also the season's ticket where you pay for 10 events and get 15. A real bargain.

We really look forward to seeing you all again, along with all your friends, relations, neighbours and work or school mates at the above events.

Joanna and Alistair Stewart

Lisa's North West News



We thoroughly enjoyed the Auckland Champs held on Kelland Road – new map, but very familiar South Auckland terrain; fast if you can maintain contact with the map, more unforgiving of lapses of concentration, or confusing high points with valleys! A thick sea-mist would turn this map into the ultimate challenge....

Congratulations to all our new Auckland champions.

Mark Lawson is now holding 2nd place in the M21E Super Series league (after a very consistent Karl Dravitski), while Marquita is in 3rd place.

19 NWOC members are currently competing at WMOC in Australia and a quick perusal of the web turned up a couple of excellent results in the South Australian champs:

Marquita Gelderman 2nd, W35 and a very fast first leg in the relays; Jill Dalton was a member of the winning W50A relay team; Dave Middleton posted an excellent first leg in the M55A relay team; and Michelle Nash is running strongly in W21E grade.

We're delighted that the club has been granted \$5,000 from the Scottwood Trust towards the purchase of Sportident equipment.

Welcome to Angela Levet, who has just rejoined the club – from time to time Angela gives informative talks at the Auckland Botanical Gardens.

Next club meeting: Thursday 17 October (one week later than usual) at Jill's, 4B Fairbanks Place, Glendene at 7.30pm. All welcome.

Lisa Mead 445 4555

Auckland Chatter

Congratulations to the Smirnov Family who have achieved Permanent Residence in NZ.



V and Iryna have been busy

mapping recently - Tahuna Torea Bush, Selwyn College and St Thomas School, next is Kapa Bush.

CMOC Connection

Yes, the Counties Manukau column is back after a short lapse from moi.

The most recent event of note was the successful Auckland Champs run by CM in September. A big thank you to those behind the scenes, and congratulations to everyone involved. A well-run event, by all accounts. Congratulations to all of the new Auckland Champions, look out for results in the next issue.

It is nearly time (already!?!) to think about the end of year weekend at Awhitu.

This will be an excellent event not to be missed, so mark it in your calendars now. It will be held on



the 7/8th of December, at Awhitu Regional Park and environs. There will be 3 short courses on new maps. On the Saturday(7th), the start of the first course is 10.30 am, the second 1 pm, and the third at 3.30 pm, with the last one being at the Regional Park. Follow the road signs from Waiuku for the first two. There is an optional stay over at the park on Saturday night, with a barbeque (byo food etc), and the AGM at 6 pm. Sunday morning is golf – run – swim- whatever! Pre book with Hilary Iles so maps can be organized, email hilaryiles@paradise.net.nz or phone 09 235 2941.

And finally, good luck to those traveling across the ditch for the World Masters Games this month, you have our best wishes. Go Kiwis!

I will leave you with this thought for the month...

Why not go out on a limb? Isn't that where the fruit is?

Natalie Rouse

Too Good!

Fantastic News. Last month we reported the ASB Trust had granted \$20,000 towards obtaining SPORTident, and this month the news is just as good – The Scottwood Trust has granted \$5,000 to NWOC (and therefore the region) to procure more of the associated equipment. This is a huge financial burden lifted from the club, and is another fillip for those who have campaigned so strongly for the procurement of the system. Congratulations to everyone involved!

SPORTident



- SI-Card 5 (finger stick)
- capacity 39 controls (30 control codes with punching time,
- unique card identification fields (card number, country, club);
- number of write cycles >50000 per control stamp;
- data retention >10 years; unlimited life time;
- size 70 x 18 x 3 mm
- available colours: red, blue, yellow, green

Training Tips

A Good Run: Goldie Bush, Waitakere Ranges

Mark Roberts

Superb bush, sun-dappled streams, a large waterfall with swimmable plunge pool, not too long or steep, and a variety of track style: two lane highway, streambed scramble, slippery

mud. Great fun!

Length 6km

Climb 200m (3%)

Roughness variable: Tracks 2/10, streambed 5/10

Time 60-90 min run, 2hr walk (?)

Map NZMS 260 Q11 "Waitakere"

Start at Waitakere, west of Henderson. Head west on Bethells Road, turn right into Duffys Road, then right into Horseman Road. Grid Reference Q11 419830.

The Route: I recommend a clockwise loop for a swim in the falls near the end.

Take the track from the road end and promptly turn left (west) onto Goldie Bush Walkway. 2+ km of fast wide undulating bush track takes you to a steep drop with steps to Mokoroa Stream.

Turn right (east) onto the creek bed and follow the orange triangles scrambling over

rocks and tracks for 2km to the Mokoroa Falls. Take care not to climb a track on the south bank early on... it goes nowhere but strands you on a bluff.

A few metres downstream from the falls on the south side a rugged track climbs steeply to the top of the falls. From there, the Mokoroa Falls Track takes you straight back (south) to the road end on 1+km of wide gradually climbing slippery track.

Warnings: Do not try this route after rain as the streambed will be difficult or impossible and certainly dangerous. Grippy shoes recommended. Expect to get wet feet (or more.) Do not take grandma.

This and other run descriptions can be found on the Adventure Running website at

<http://www.mapsport.co.nz/arun/arun.html>

This website doesn't have much material yet - feel free to contribute!



YOUR SECRET'S SAFE WITH ME...

Overheard at the Auckland Champs – one week after Omu Creek.

“Hey [Elite X] what was it like running on a map without fences?!”

Listener pricks up his ears: “What’s this?”

Helpful Elite colleague: “Didn’t you hear? [Elite X] had a map with fences on it for OY 7 at Omu Creek.”

Slightly sheepish [Elite X]: “It only helped for 2 controls...”

Listener: “I thought Darren had the best time though?”

Another helpful Elite colleague: “[Elite X] didn’t realise until they were comparing splits at the end of the day...”

[Elite X]: “You didn’t have to tell him!”

Actually it’s really important to tell me about these things the moment they occur. That way I don’t have to wait until the next edition! Good story - Ed.

THE O FILES



Ever wondered why South Auckland electric fences still seem to give you a zap, even when they are off?

Is it because they are closer to the generator?



RECENTLY FOUR CONTROL STANDARDS WERE FOUND IN WOODHILL FOREST.

They appear to be some of the original batch of e-punch controls used at WMOC. The standard is L shaped aluminium and on top is a black e-punch frame. None of the controls have either flags or e-punch units. Some have clippers. It's a mystery how they came to be left there (and indeed found there) and I'd be keen to hear from anyone who can suggest what their history is.

I'm hoping that if we do find out we may be able to recover more.

Give me a call on 520 7075 or nmr@iprolink.co.nz.

Thanks

Mark Roberts AOC

SPOOKY!

Dear Aunt Agony...

Dear Aunt Agony

I come from a family of keen orienteers and we travel together to the events. Our compasses are normally stored in the same box when they're not actually being used.

I've seen some elite orienteers packing theirs in cotton wool and being really careful with them, and I'm worried that our compasses might be losing their accuracy because of the effect of the other compass magnets, and I think this is showing up in my results.

Can you please advise me on compass care?

Confused

Dear Confused,

▲ When storing a compass, you must take care not to expose it to a magnetic field such as from speakers, computers, and other electrical or electronic devices. For example, storing a compass in the glove box, or on the dash of a car would not be recommended as there are usually speakers, and electrical wiring located near these areas. If you put a compass in your pocket make sure that it is not near to a cell phone or pocket radio as the speaker in these can wrongly re-magnetise the needle.

▲ Storing a compass in a hot car can also damage it because the liquid inside may expand, thus rupturing the seal and start leaking.

▲ Small bubbles in the liquid-filled capsule have no influence on compass accuracy. They may appear or disappear in response to changes in temperature and atmospheric pressure. If a bubble larger than 6mm in diameter appears, the capsule may be damaged or leaking and will need to be replaced.

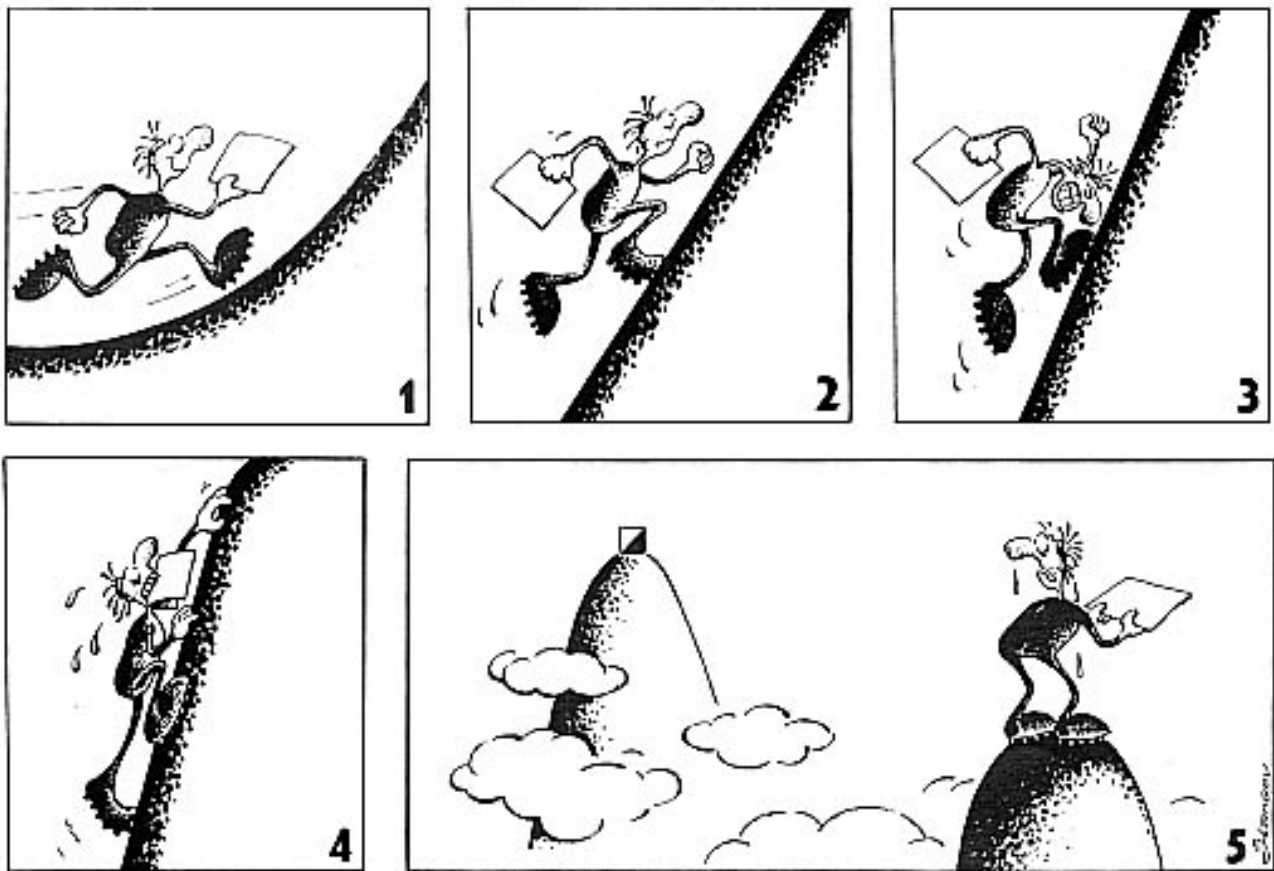
▲ Your poor performance is more likely to be associated with other factors. Storing compasses together is not going to affect their accuracy.

<http://www.silvacompass.com/>

Kidz Kontrol!

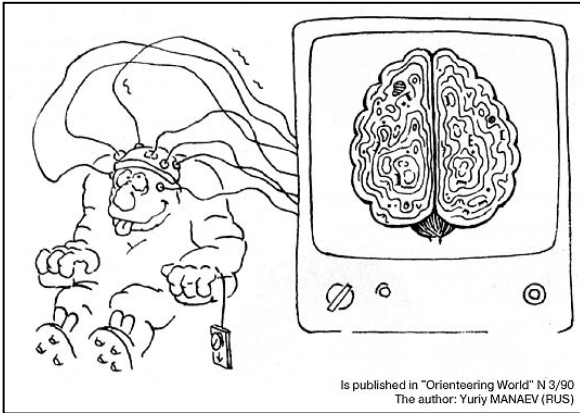
Got any ideas or activities that would be suitable for 'Kidz Kontrol'?

Send them to 12 Albert rd Devonport Auckland or E-mail them to psquared@iconz.co.nz



Is published in "BALIZA" (ESP) N12 (05/92)
The author: Yuriy MANAEV (RUS)

Medical Notes



Ankle Sprains – Rehabilitation and Further Injury Prevention

In the last issue of AO we discussed the acute management of ankle sprains. This time, some general principles of rehabilitation will be outlined. Before this, can you recall the 5 actions in the acute treatment of ankle sprain? (HINT: these are represented by the acronym “RICED” - answers at the end).

If you are still unable to weight-bear after 48 hours, consult a medical professional for a further assessment (usually an XRay will be requested, if not already done). Continue with RICED until the swelling and pain have settled, at which time rehabilitation can be entertained.

The information in italics is taken from the SportSmart part of the ACC website www.acc.co.nz. This website repeatedly emphasises the importance of seeking the advice of a medical professional (e.g. doctor or physiotherapist) for a rehabilitation programme **specific to you and your injury**. This rehabilitation will consist of the following elements, and more details in the form of flow charts to follow are available on the website.

(i) Range of motion:

- Restoring normal range of motion will allow proper function of the ankle.
- *Pointing and flexing the foot, or tracing letters with the foot are good ways of improving range of motion following an ankle sprain.*

(ii) Cardiovascular fitness:

- *Keeping fit, although difficult when injured, will ensure peak performance and a lower risk of re-injury upon return to sport*
- *Try to find different types of exercise that will maintain fitness without making the injury worse*
- *Swimming is recommended early in ankle sprain rehabilitation. As healing improves, pain-free cycling and walking can also be included.*

(iii) Strength:

- *Regaining strength in the injured ankle will help to stabilise the ankle joint*
- *Return to sport is usually considered safe when 90% of pre-injury strength or 90% of the opposite ankle's strength (assuming that ankle is injury free) is achieved*
- *Strength can be assessed by this simple home exercise. While bearing weight on both feet, assess how well you can:*
 - *Walk on your toes (tests calf muscles)*
 - *Walk on your heels (tests calf and shin muscles)*
 - *Walk on the outside edge of your feet (tests inversion muscles)*
 - *Walk on the inside edge of your feet (tests eversion muscles).*

(iv) Proprioception:

- *Proprioception is the awareness of one's own body position and is important in balance*
- *Proprioception exercises help to re-educate the ankle so that it can be protected against future sprains. Wobbleboard exercises and balancing tasks are good examples. Try the exercises with your eyes closed to really test your proprioception*
- *External supports such as braces and taping may also improve proprioception by stimulating the skin receptors about the ankle joint.*

(v) Psychological status:

- *Reduced confidence following an ankle sprain may prevent an athlete from attempting movements that will assist in recovery (e.g. running on uneven surfaces, sudden changes of direction and jumps)*

- Gradually attempting more difficult agility tasks and setting realistic goals and timeframes may help to rebuild sporting confidence
- Return to competition is not advised until an individual has 100% confidence in their sporting ability.

(vi) Sport-specific rehabilitation:

- When general function has been restored, rehabilitation should focus on preparing the ankle for sport-specific activity (e.g. jumping, landing, cutting or simply combining different elements such as run, step off the right foot, step off the left)
- As progress allows, the intensity should be increased

Recovery times will vary depending on the severity of the injury and the previous functional state of the ankle. ACC suggests that you should be completely rehabilitated before returning to competition to minimise the risk of re-injury, however, as orienteering can be done over shorter/easier courses, this allows for a graded return. The slower pace may result in better performances for those of us who do headless chicken acts from time to time!

Once recovered from the original injury, maintenance of fitness, range of motion,

strength, and proprioception are very important. ACC suggests the following:

- Continue stretching, proprioception and strengthening exercises as part of a normal training routine
- Taping, bracing or wearing high-top shoes following adequate rehabilitation will provide added protection to the ankle
- If there is a history of repeated ankle injury, wear an external ankle support
- In sports where cleated shoes/boots are worn a change in footwear design may reduce the risk of re-injury (This would apply to orienteering)
- Stay conditioned for the physical demands of the sport
- If ankle sprains continue to occur, consult a medical professional for advice on other possible contributing factors.

Please feel free to forward your point of view on this information as it pertains to orienteering and/or any personal anecdotes or topics you wish to see discussed in the AO. Note: "RICED" =

rest/ice/compression/elevation/diagnosis
Geriatrician

Letters

✉ Lessons from Omu Two

- It doesn't pay to cheat
- Always wear a whistle
- Orienteering is a learn as you go sport

It doesn't pay to cheat

On September 8 WHO held OY 7 on Omu 2, great map, just the way Waterfalls should have been. I had a great run, nailing every control.

It was unfortunate that I ran from 1 to 7, not to 2. Careful inspection of the map left me with three options. To ignore 7 and climb all the way back up the map to 2, completing in the normal sequence. To run 6,5,4,3,2 and down hill all the way to 8, the last control. Or to clip 7 and skip it between 6 and 8. The most tempting choice was to run the five controls

backwards. Dangerous however, as every M65 runner had started before me.

If one of those 'ahead' of me saw me running back to five, another saw me running back to 3 etc., it would be difficult to convince that gossipy and suspicious lot that I had beaten them. Anyway, that choice seemed a bit unfair. Completing normally from 2 was even more unfair on me, so I decided on option one, to clip 7 then and there and return to 2.

Since the run from 6 to 8 was down a long ridge and straight along 500 metres of absolutely flat forest floor, this offered fair compensation for the long climb from 7 to 2. And anyway, I thought, I'm only taking six OY points into the last OY!

Always wear a whistle

All went well from 2 to 6, and then a fast

gallop (M65 speed) to the long flat approach to 8. Then disaster.

The flat was fine until it became a weed tangled calf deep bog and progress slowed from fight to struggle, demanding a sharp left to higher ground.

This led to a plunge hip deep into weed-covered water. But not just water, from mid calf down it was, as described by the starter to the elite runners, quickmud.

Perhaps an elite would pass this way? But what elite would stop for a floating M65 who could not threaten disqualification with 6 blasts on a whistle? The possibility of, at best, being told that an elite would return after finishing, offered little comfort to someone slowly sinking into quickmud.

Orienteering is a learn as you go sport

Lesson 1. Fortune favours the brave. In despair a decision was made to sacrifice my O shoes to reduce suction. Easier said than done, but the struggle to kick off the shoes did the trick and up I drifted, shoes in place.

Lesson 2. When the choice of a safer crossing was badly made, I did not hesitate to fling myself forward and swim.

Lesson 3. Course setters think about where they are sending people and on Omu 2 it is wise to trust them.

Lesson 4. It doesn't pay to cheat, even a little bit.

Andy B



W 100 IS BACK!

Thank you CMOC for a great weekend. It was a resurrection for me, emerging from a long winter into the sunlight of spring.

To have the nerve to try again, to find I had not forgotten the art of setting North on the compass, to even find the compass, and then find the shoes. They too were resurrected, cracked by age from the depths of the wardrobe. I did an "Ugly Sister" act and squeezed my feet into their unrelenting hardness - remembering Ralph's hint given to me freely as he does for all aspiring Orienteers. Put them on and warm them up with laces undone a while beforehand. This I did and by 9.30 with heels well strapped was heading for the venue.

It would be foolish to buy new ones I had told myself 6 years ago, as I might not have much time left.

Up at the steep start, the adrenaline took over. Isn't it wonderful the thrills and spills of Orienteering? What if I can't find No. 1? But there it is (I knew it would be anyway) nestling in that wee depression. And how many more depressions? The whole map was strewn with them like seagulls' nests in every patch of mingi-mingi. I knew I'd recognise a log pile except it wasn't my control. And 10 out of 10 for the farmers who erected two wire fences so my fat posterior could slip gracefully underneath thus saving having to clamber over barbed wire teetering in mid air as your O suit rips.

Every control waved a bright orange and white flag on day One, until a slight lack of glucose at 100 led me past the tree line. Back tracking stretched my already screaming leg muscles but I tottered to the Finish smiling (I hope!)

Day 2. Who set that? I reluctantly took off with that bitter wind burling up my jumper, my grey brain cells swelling, my already taut muscles threatening cramp. But dammit I'd paid for this! A tumble as the mingi-mingi tied me in knots winded me. My left knee formed a new depression in the sandstone but no one was in sight to rescue the old girl. So I hobbled to the next control. Nothing like exercise to numb the pain.

100 metres climb on EVERY control. I should by now have learned not to trust young course setters. But joy of joys from the tops a view of the ocean, the world... The sun was shining again; the log pile was mine this time. A chance meeting with some dear old friends led us all to the last control and the sausages cooking led us by the nose to the Finish.

Socialising is the best part of 'post finish' and the well planned parking gave us all a chance to do the things I nostalgically remembered - hash over the maps, catch up on gossip, picnic in the sun, peer at the result board. Then reluctantly go home to wash the cowshit off my shoes and throw them in the wardrobe till next time.

W 100

Results

OY 7 Omu Two 8 September 2002

Setters Comment

Thank goodness most of the Auckland Orienteers did not allow a rainy Auckland morning and an "iffy" forecast for Northland to put them off making the trip. Weather turned out to be the least of anyone's worries, with our being treated to a lovely, warm "Winterless North" day. In setting the courses, I tried to keep the amount of "climb" to a minimum and reduced the average course lengths from those recommended for OY's. Despite this, some of you spent more time on the course than you may have liked. Sorry, if this is the case. It was difficult to work out how fast the courses would be, as the forest has opened up since the last event

we held there and we thought it would be faster than it proved. Anyway, we hope you appreciated the forest, which offers something a bit different from Auckland terrain. Being a small club, we have to call on pretty well all our active members for major events and, as usual, we had a full turnout of willing helpers on the day. My thanks to them and my particular thanks to David for all the time, energy and thought he put in to help the event run smoothly. We hope you enjoyed the last OY for the year.

Paul Potter

Controllers Comment

I suppose we're used to this patch of woods and can walk from control to control, but it appears most people found more difficulty when trying to run, with a few exceptions. There is a lot of enormously wriggly ground which does not show on a map and I heard tales of O'ers thinking they were near a control and then coming across ponds etc, showing they were halfway there. Isn't it hard to maintain a constant height across those slopes, and keep track of which ridge you're crossing. I thought some of Paul's control sites were a little easy, but decided the test

was to navigate to the circle, and finding a stream junction on the flatter areas, without aiming off, was a good test. Maybe we won't use all those little single contour reentrants next time, after all. Thank you all for coming, thanks to the helpers and to the NorthWestern Bowhunters for the use of their admirable facility and we'll see you next year. Would fences have helped the red courses?

David Nevin

Results

Course 1 7.7kms

M21E

1	Darren Ashmore	70.57
2	Mark Lawson	73.32
3	Neil Kerrison	84.15
4	Rob Jessop	90.54
5	Dave Melrose	114.15
6	Alan Janes	226.28
	David Stewart	dnf
	Michael Adams	dnf

Course 2 5.7kms

W21E

1	Marquita Gelderman	85.44
2	Natalie Rouse	103.04

M21A

1	Jeff Greenwood	87.38
2	Dave Crofts	102.32
	M Peat	dnf

M40A

1	Wayne Aspin	76.12
2	Geoff Mead	78.54
3	Mark Roberts	92.56
4	Paul Gilkison	98.27
	Phil Collins	dnf

Course 3 4.8kms

W21A

1	Phillippa Poole	95.28
2	Lisa Mead	143.57
	Patricia Aspin	dnf

	Mo	dnf	2	Jill Smithies	89.36
			3	Bronwen Allen	93.03
M18			4	Anne Humphrey	123.21
1	Samuel Murphy	125.11		Yette Gelderman	dnf
M21AS			W65A		
1	Patrick Murphy	88.08	1	Heather Clendon	110.53
2	Stu Middleton	104.12	2	Jill Brewis	115.04
3	Craig Pearce	152.44	3	Val Robinson	119.58
	Bruce Peat	dnf			
M50A			M70A		
1	Rob Garden	65.38	1	Ralph King	
2	Dave Middleton	83.17	Unoff	Alison Comer	dnf
3	Malcolm Mack	87.37	Course 6	3.1kms	
4	Stan Foster	100.55			
5	Terje Moen	105.03	W21B		
6	Rob Ambler	114.02	1	Elke Hoog	77.13
7	Mike Ashmore	117.57	2	K Farquhar	83.23
8	Phil Johansen	123.55	3	Judith Birnie	92.47
Course 4	3.6kms		4	Heather Whelan	112.33
W21AS			5	Catherine Price	113.07
1	Nicola Kinzett	91.50	6	Lynn Ashmore	126.23
2	Jane Simmonds	106.23	7	Gay Ambler	133.02
				Lyn Murphy	dnf
W40			M21B		
1	Joanna Stewart	83.41	1	Kerry Linkhorn	46.45
2	R Bennett	169.10	2	Andrew Paul	69.20
M40AS			3	Miles Paver	101.54
1	Gary Farquhar	78.45	4	Darren Gosse	113.26
2	Mike Williams	112.46	Course 7	2.1kms	
3	Al Smithies	117.43			
M60A			W14		
1	John Robinson	54.09	1	Hannah Murphy	71.32
2	Chris Gelderman	63.58		Sarah Gilkison	dnf
3	Rhys Thompson	64.20	M14		
4	Les Paver	90.50	1	Nick Mead	35.30
M65A			Course 8	1.9kms	
1	Andy Brewis	110.52	W12		
2	Bert Chapman	113.49		Leah Murphy	dnf
3	Peter Godfrey	115.26	M12		
4	Tom Clendon	129.41	1	Jason Collins	30.50
Course 5	3.2kms		2	Harrison Melrose-Allen	32.23
W50A					
1	Mary Moen	80.57			

2002 Orienteer of the Year Results

Gene	Beveridge	Class	Club	OY1	OY2	OY3	OY4	OY5	OY6	OY7	Best 6
Harrison	Melrose-Allen	M12A	NW	20.0	20.0	20.0	20.0	20.0	20.0		120.0
William	Linkhorn	M12A	NW					18.3		19.0	37.3
Tristan	Ware	M12A	A	13.7				9.1	10.3		33.1
Jeremy	Frentz	M12A	NW					15.3	15.6		30.9
Jason	Collins	M12A	NW			9.5	18.6				28.1
		M12A	WHO							20.0	20.0

		Class	Club	OY1	OY2	OY3	OY4	OY5	OY6	OY7	Best 6
Nicholas	Mead	M14A	NW	20.0			20.0	20.0	20.0	20.0	100.0
Benjamin	Hattie	M14A	CM		20.0						20.0
Jacob	Copeland	M14A	A					9.5			9.5
Ciaran	Murphy	M16A	CM	20.0	20.0	18.9	9.0	20.0	20.0		107.9
Michael	Jager	M16A	A	8.5	9.0	14.7	17.1	13.3	13.5		76.1
Alastair	Long	M16A	A	15.9	14.7		20.0	15.0			65.6
Simon	Jager	M16A	A	19.1		20.0					39.1
Andrew	Peat	M16A	CM						15.6		15.6
Samuel	Murphy	M18A	NW	19.3	20.0	20.0	13.4	13.8		20.0	106.5
Campbell	Melrose-Allen	M18A	NW				20.0	20.0	20.0		60.0
Martin	Peat	M18A	CM	20.0							20.0
Dave	Crofts	M21A	A	17.1	16.3	19.3	17.9	14.3		17.8	102.7
Jeff	Greenwood	M21A	A	18.9	20.0		20.0		20.0	20.0	98.9
Bryce	Brighthouse	M21A	CM	20.0	18.8	20.0		16.9	19.1		94.8
Tim	Renton	M21A	A	16.5		18.6	16.9	14.8	18.4		85.2
Andrew	Bell	M21A	NW	14.6	14.6	15.2		20.0			64.4
Peter	Swanson	M21A	A		17.3	17.6	18.7				53.6
Rudy	Hlawatsch	M21A	A	13.9		16.4			16.8		47.1
Richard	Cross	M21A	NW	13.4	13.4						26.8
Patrick	Murphy	M21AS	NW	20.0	18.5	19.3	20.0		20.0	20.0	117.8
Benjamin	Balmforth	M21AS	A	13.3	16.0	17.1	17.7	12.7	17.3		94.1
Bob	Hattie	M21AS	CM	18.5	19.5	18.8	19.4	14.1			90.3
Peter	Murphy	M21AS	CM		20.0	20.0	17.0	13.3	18.3		88.6
Robert	Murphy	M21AS	NW			18.2	18.9	20.0	16.7		73.8
Ian	Sydenham	M21AS	A	17.3		15.4	16.2		9.4		58.3
Craig	Pearce	M21AS	A	14.5		12.3			10.7	12.2	49.7
Trevor	Carswell	M21AS	NW			10.8	15.3				26.1
Bruce	Peat	M21AS	CM	15.9							15.9
Jamie	Munro	M21AS	A		13.0						13.0
Kerry	Linkhorn	M21B	A				20.0	19.4	20.0	20.0	79.4
Miles	Paver	M21B	NW			10.7	16.0	20.0	11.2	9.5	67.4
Edward	Main	M21B	A	20.0		8.5		18.4	8.5		55.4
Gordon	Mains	M21B	A			16.3			16.7		33.0
Darren	Gosse	M21B	NW		20.0					9.0	29.0
Ian	Hunter	M21B	CM			20.0					20.0
Graeme	Green	M21B	CM	17.4							17.4
Mark	Lawson	M21E	NW	20.0	18.9	20.0	18.7	18.7	18.6	19.1	115.4
Darren	Ashmore	M21E	A		20.0	18.7	20.0		20.0	20.0	98.7
Rob	Jessop	M21E	A			17.8	17.0	20.0		16.2	71.0
Dave	Melrose	M21E	NW				13.4	16.5		12.4	42.3
Shaun	Collins	M21E	NW			17.1	15.4				32.5
Allan	Janes	M21E	NW	10.3		8.0				8.0	26.3
David	Stewart	M21E	A					12.4			12.4
Fraser	Mills	M21E	A				11.5				11.5
Geoff	Mead	M40A	NW	20.0	20.0		20.0	14.2	19.2	19.1	112.5
Alistair	Stewart	M40A	A	18.2	18.3	20.0	19.2	11.3	20.0		107.0
Paul	Gilkison	M40A	NW	18.9	17.3	17.6		20.0	14.5	15.6	103.9
Mark	Roberts	M40A	A	17.1	15.7	14.2		16.0	16.9	16.8	96.7
Trevor	Murray	M40A	NW	13.6	16.3	15.0	15.2	10.3			70.4
Scott	Vennell	M40A	A	14.1	19.2			15.1	15.8		64.2
Aiden	Nelson	M40A	CM	13.1	8.4	16.7		12.2			50.4
Norman	Jager	M40A	A	10.7	10.2	10.0		8.4			39.3
Wayne	Aspin	M40A	CM		0.0			17.0		20.0	37.0
Peter	King	M40A	A	16.5		18.8					35.3
John	Murphy	M40A	A	8.9	9.0	8.2					26.1
Arthur	Giffney	M40A	HAM			15.9					15.9
Tom	Frentz	M40AS	NW	20.0	20.0	20.0	20.0	20.0	20.0		120.0
Rolf	Wagner	M40AS	NW		17.4	10.4	18.8	17.5	16.8		80.9
Alastair	Smithies	M40AS	NW		6.5	13.1	15.5	15.5	12.2	14.1	76.9
Russell	Howard	M40AS	A	12.7	11.9		14.8	14.6	11.1		65.1
Gary	Farquhar	M40AS	NW		12.5	15.3	12.4			20.0	60.2
Clive	Bolt	M40AS	A	13.4	13.8	6.7	16.3		8.4		58.6
Nicholas	Oram	M40AS	A	16.6	7.0	16.0	14.2				53.8
Mike	Williams	M40AS	WHO		15.9	12.4				15.2	43.5
Keith	Adams	M40AS	NW	12.0			7.1	8.0			27.1
Glenn	Clark	M40AS	CM				12.9				12.9
Neil	Lewis	M40AS	CM			8.6					8.6

		Class	Club	OY1	OY2	OY3	OY4	OY5	OY6	OY7	Best 6
Stan	Foster	M50A	NW	19.0	16.1	18.8		19.5	13.8	13.1	100.3
Dave	Middleton	M50A	NW	20.0		20.0	18.8		18.3	16.8	93.9
Rob	Garden	M50A	NW	17.3		18.3		17.9	20.0	20.0	93.5
Terje	Moen	M50A	NW	16.2	13.9	14.3	16.5	14.6	13.3	12.0	88.8
Robin	Ambler	M50A	NW	13.4		15.7	10.9	20.0	9.0	10.1	79.1
Michael	Ashmore	M50A	A	9.9	16.7	13.5		14.1	15.4	9.0	78.6
Mike	Beveridge	M50A	NW	11.0		17.0	12.4	17.3	14.7		72.4
Malcolm	Mack	M50A	WHO		15.2		13.1	15.8	9.9	15.7	69.7
Roel	Michels	M50A	NW	15.6		9.7	6.6	16.8	16.0		64.7
Phillip	Johansen	M50A	NW	11.7	10.6	10.8	7.1		11.0	7.6	58.8
David	Godfrey	M50A	NW		13.2		14.1	11.8			39.1
Ross	Brighthouse	M50A	CM	17.8			20.0				37.8
Paul	Potter	M50A	WHO	10.5	8.7		9.8				29.0
Michael	Marra	M50A	NW	14.8	7.7				5.0		27.5
David	Nevin	M50A	WHO				14.9				14.9
Lyndsay	Shuker	M50A	CM	12.7							12.7
Ian	Currie	M50A	CM		6.6						6.6
John	Robinson	M60A	CM	20.0	17.7	20.0	20.0	17.6	15.0	20.0	115.3
Rhys	Thompson	M60A	WHO	14.0	16.6	12.1	14.1	14.4		17.1	88.3
Chris	Gelderman	M60A	NW	16.0	12.4		15.1	8.5	17.9	17.7	87.6
Les	Paver	M60A	NW	13.3	9.9	14.3	9.8	10.3	20.0	11.7	79.5
Keith	Stone	M60A	NW		20.0	9.9	16.2	20.0	13.4		79.5
John	Powell	M60A	A	12.2	15.0	13.0	5.0	13.5	16.7		75.4
Terry	Nuthall	M60A	A	18.8	11.1	15.3	12.7	16.9			74.8
Vyacheslav	Smirnov	M60A	A	9.5	14.4		11.4	9.7	17.4		62.4
Bert	Chapman	M60A	NW		10.6	9.3	5.5	5.8	8.5	7.5	47.2
Peter	Godfrey	M60A	NW		6.9	7.8			14.3	7.0	36.0
Tom	Clendon	M60A	A		4.5	6.0	6.0		9.9	6.5	32.9
Graham	Peters	M60A	NW		9.0		9.1	12.6			30.7
Andrew	Brewis	M60A	A	6.5						8.0	14.5
Phil	Mellsop	M70A	NW	20.0	20.0	20.0	20.0	16.5	19.5		116.0
Ralph	King	M70A	NW	17.5		19.1	14.9	20.0	20.0	20.0	111.5
Ken	Green	M70A	CM	13.7		13.6					27.3
Bob	Murphy	M70A	NW			9.7					9.7
Renee	Beveridge	W12A	NW	17.9	18.8	20.0	20.0	20.0	20.0		116.7
Leah	Murphy	W12A	NW	15.5	20.0	18.9		18.2			72.6
Kate	Smirnova	W12A	A		16.7		17.0	17.4	18.6		69.7
Bronte	Linkhorn	W12A	A	16.2					15.9		32.1
Margaret	Sydenham	W12A	A	12.0		13.4					25.4
Sarah	Gilkison	W14A	NW	9.9	20.0	20.0	20.0	20.0	20.0		109.9
Hannah	Murphy	W14A	NW	14.6	9.0	15.6	8.8	15.8	17.0	20.0	92.0
Hannah	Linkhorn	W14A	A	18.4	10.4		13.2	14.9	18.3		75.2
Emily	Murphy	W14A	CM	20.0	8.5	16.7		16.5			61.7
Alina	Smirnova	W14A	A	0.0			13.8	11.6	15.9		41.3
Rose	Murphy	W14A	A			14.2					14.2
Nicola	Peat	W16A	CM	20.0							20.0
Melanie	Michels	W16A	NW				20.0				20.0
Marjike	Currie	W18A	CM	20.0							20.0
Jayne	Shuker	W18A	CM					20.0			20.0
Phillippa	Poole	W21A	NW	17.1	15.6	18.0	16.2		17.1	20.0	104.0
Trish	Aspin	W21A	CM		20.0	20.0	20.0	20.0	20.0		100.0
Lisa	Mead	W21A	NW	20.0	19.1		14.3	12.7	14.9	14.4	95.4
Andrea	McDiarmid	W21A	NW	15.7		17.3	17.7	19.3	13.5		83.5
Christine	Rowe	W21A	CM	17.9		15.9	17.1	18.5	12.4		81.8
Nicola	Kinzett	W21A	A	10.4	11.9	9.0	7.7	7.5	7.0		53.5
Jeanine	Browne	W21A	CM	19.2					18.3		37.5
Lyn	Stanton	W21A	A	12.7	8.0						20.7
Michelle	Nash	W21A	NW					16.8			16.8
Madeleine	Collins	W21A	NW			13.3					13.3
Jane	Simmonds	W21AS	NW	17.2	14.0	20.0	10.9	20.0	20.0	20.0	111.2
Melvina	Wise	W21AS	A	15.2	8.0	14.2	10.0	16.0	14.0		77.4
Belinda	Sydenham	W21AS	A	13.7	11.9	17.5	12.3	17.6			73.0
Angela	Levet	W21AS	WHO	20.0	20.0		15.6				55.6
Alison	Carswell	W21AS	NW		14.8	18.2					33.0
Lise	Moen	W21AS	NW				20.0				20.0
Ineke	Currie	W21AS	CM	18.8							18.8

		Class	Club	OY1	OY2	OY3	OY4	OY5	OY6	OY7	Best 6
Judith	Burnie	W21B	CM	20.0		20.0	15.5	16.3	20.0	17.5	109.3
Heather	Whelan	W21B	WHO	17.0	16.1		18.3	20.0	8.5	14.4	94.3
Catherine	Price	W21B	A	18.0	18.3		20.0	18.6		13.9	88.8
Elke	Haag	W21B	NW		15.1		17.4	17.0	19.0	20.0	88.5
Gay	Ambler	W21B	NW	14.5		13.6	19.3			10.8	58.2
Jennifer	Trinick	W21B	A			17.2			15.8		33.0
Lyn	Murphy	W21B	NW	15.5			14.3				29.8
Christina	Renhart	W21B	WACO		20.0						20.0
Jennifer	Seed	W21C	A	20.0					20.0		40.0
Connie	Bell	W21C	NW	16.8							16.8
Debby	Eves	W21C	A	14.9							14.9
Marquita	Gelderman	W21E	NW	19.1	20.0	20.0	19.1	20.0	20.0	20.0	119.1
Natalie	Rouse	W21E	CM	15.8	12.1	15.4	14.1			17.5	74.9
Rebecca	Smith	W21E	A		15.7	18.7	17.5		19.1		71.0
Lisa	Frith	W21E	NW		16.4	17.8	15.9		16.2		66.3
Tania	Robinson	W21E	CM	20.0			20.0	18.5			58.5
Jill	Mains	W21E	A		14.7	12.9	7.5		14.3		49.4
Joanna	Stewart	W40A	A	14.1	13.7	17.2	20.0	16.2	15.2	20.0	102.7
Iryna	Smirnova	W40A	A	14.6	12.3		15.8	17.4	17.6		77.7
Jill	Dalton	W40A	NW	20.0	20.0	20.0					60.0
Raewyn	Bennett	W40A	A	7.5		10.0		13.5	11.5	9.5	52.0
Doesjka	Currie	W40A	CM	16.2	15.4	19.1					50.7
Penny	Brothers	W40A	NW					20.0	20.0		40.0
Asta	Wistrand	W40A	NW			15.5			10.9		26.4
Hilary	Iles	W40A	CM	17.6							17.6
Debbie	Beveridge	W40AS	NW	20.0	20.0	20.0	18.6	20.0			98.6
Christine	Jager	W40AS	A	17.9	15.1		17.3		20.0		70.3
Jane	Adams	W40AS	NW	17.1			20.0				37.1
Katherine	Luketina	W40AS	HAM			19.1					19.1
Lorri	O'Brien	W50A	NW	20.0	19.3	20.0	14.5	20.0			93.8
Lesley	Stone	W50A	NW		20.0	12.1	16.4	15.9	15.1		79.5
Jill	Smithies	W50A	NW		16.5	17.9	9.5	17.0		18.4	79.3
Anne	Humphrey	W50A	CM	14.8		15.4	11.0	12.1	12.0	13.3	78.6
Rae	Powell	W50A	A	10.7	14.7	12.6	13.2	9.2	12.8		73.2
Mary	Moer	W50A	NW	15.5				16.4	20.0	20.0	71.9
Glen	Middleton	W50A	NW	17.3		13.5	7.9		18.3		57.0
Bronwen	Allen	W50A	NW				20.0	19.1		17.5	56.6
Bev	Shuker	W50A	CM	13.9		16.1		7.4			37.4
Helen	Bolt	W50A	A	9.6		7.7	6.5		7.8		31.6
Kathleen	Farquhar	W50A	NW	18.1		11.3					29.4
Lynn	Ashmore	W50A	A	8.8	12.9	5.0					26.7
Unni	Lewis	W50A	CM			14.3					14.3
Val	Robinson	W60A	CM	20.0		20.0	20.0	19.1	20.0	18.2	117.3
Heather	Clendon	W60A	A		18.2	10.9		20.0	9.8	20.0	78.9
Yett	Gelderman	W60A	NW	14.7	20.0		14.1		13.9		62.7
Jill	Brewis	W60A	A	16.6					17.5	19.1	53.2
Vivienne	Leigh	W60A	A	13.3		9.0	16.5		8.0		46.8

- Many thanks to Keith Stone for compiling the results.

Last Bits

Next Issue: November 2002

Please send your editorial contributions to Paul Gilkison, 12 Albert Rd, Devonport, or email psquared@iconz.co.nz. tel 09 445 4306, **to arrive before 5 November.**

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